
MONTHLY FITNESS & HEALTHY LIFE STYLE GUIDE

Astrological Guide for Personal Growth

OZZY OSBOURNE

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Birmingham, England

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INTRODUCTION

Before beginning, choose the SHORT VERSION REPORT for all the important data you will need for any month. The longer version includes much more data that MAY confuse you if you are looking for just the facts.

The biggest challenge to your health and diet is your emotional state. When your emotions are out of control, your body follows your lead. Second in command is Mercury, taking the lead from the emotions and reacting on the body in very profound ways.

Please let me Introduce you to the MONTHLY FITNESS AND HEALTHY LIFE STYLE GUIDE REPORT.

What it is: A monthly look at dietary and exercise potential based on the sign on the Ascendant, with a secondary look at the Moon, house, aspects and all other planets. It is a "LONG TERM" procedure for people interested in taking charge and control of their lives, and understanding the underlying cause of diet and exercise breakdowns. By understanding the monthly influences imposed upon them, they can work with them and avoid the pitfalls placed in their path.

What It is NOT: It is not intended to be used for "quick" dietary loss or health maintenance. It is not meant to be an "overload" of information so that the reader is confused by what can be overwhelming information if not closely monitored as seen below (in the USE paragraph).

DISCLAIMER: No diet or exercise regime should be started without the advice of a doctor or physician.

What is included: Signs on the Ascendant, planets in the house, signs and aspects, Midheaven (as others see us and contribute to our dietary effort).

What is NOT included and why: Midpoints. The main emphasis must be on the monthly emotional response that gets us all into trouble, causing us to spin out of control in a dietary sense.

So How Do I Use It: Major Focus, Focus and no notations. Items marked with Major focus have everything to do with the Health and diet guide. Items marked with focus are still important, but not as much of a major focus as the others. No notation means that the data has been included for information purposes, but I feel do not have a stronger influence than the information that is tagged.

An Important Note On Metabolism: You will see references to metabolism as rated High, Low and Medium. Just because a rating of high is considered good, all it really means is that you have an increased appetite more often. "If" you don't get off your butt and do some sort of exercise, all that food will simply turn into fat.

Helpful hints:

These points work for me, and are only suggestions. Find what works for you and make the change.

Best of luck!

- 1) Throw away the scale! If your clothes begin to fall off, or become loose, you are losing weight.
- 2) Pay attention to transits to your natal chart by the planet Jupiter (it expands what it touches), it tends to keep you bloated and feeling that nothing is happening. If you stay with it and don't give in to a "Why am I trying, when nothing is happening?" attitude, you will be very happy with your success after the Jupiter transits end, either natal or Lunar returns.
- 3) Pay attention to transits to your natal chart by the planet Saturn, it tends to bind up the internal works, when passing the easiest food becomes somewhat difficult. Carbohydrates and bread are especially difficult.
- 4) Bread is the biggest thief of your energy. It will cause sluggish behavior, loss of energy and send you in for a nap to recharge yourself.
- 5) Eat several times a day (every 5-6 hours is comfortable), with smaller portions. Never wait until you are starving to eat, because you can always count on over-eating. If you eat tiny morsels of food several times a day, you will never be "hungry".
- 6) Eat heavy meals (earlier) during the day. Your last meal should be no later than 6pm. Eat enough to carry you through until AM, but not so much that you can't digest it.
- 7) If you over-eat, skip the next meal, as you have over-loaded your digestive system, then wait until you start to feel hungry and have a very small vegetarian type meal. Drink lots of water.
- 8) Double cheeseburgers won't help your diet, but if you must, eat it at noon and don't eat until dinner at 6, eating only vegetable type foods and by all means drink plenty of water. Remove as much bread as possible before eating, and your digestive system will thank you.
- 9) I know what they say about coffee being a no-no, but on a day when you have a very busy schedule and need to get going, one cup (the real stuff) in the morning does the trick for the entire day, and an added benefit of being a wonderful diuretic. Any more than one cup reacts negatively on the nervous system. For me, the energy from one cup of coffee lasts 2-3 days, limiting my intake even more. I am actually down to 1/3 of a cup now. It still keeps me wired for 3 days.
- 10) Do experiment with food groups and types to see what your body likes and dislikes. For me it is Chinese food. I get a complete (takeout portion controlled) meal for a nominal price, and it covers all the food groups. I pass on the soup though. I have a dozen meals made up at a time and freeze them until needed. As a suggestion, I might have Pepper steak (replaced with chicken) with vegetables and fried rice. My body agrees with the results, but yours may react differently.
- 11) If you are a couch potato like me who spends most of his day sitting (writing text like this), then exercise is more essential. If you sit and watch TV a lot, then include exercises that you can do while watching TV. Make your personal space your work out area as well.

12) Your Lunar return influences change every month, and so should your diet, if not only to keep you from getting bored to death! You will actually find your body needs and food groups change as well.

For the past two years I have been paying careful attention to the Lunar return (13 moons), and especially the sign on the Ascendant, and have come up with the following and very effective guide for everyone concerned with health, diet and exercise. As a long time sufferer dealing with obesity, I have practiced what I am about to preach with very nice results. It is what has inspired me to write this program and keep track of the ups and downs, pitfalls and workable solutions to a problem plaguing many Americans. I believe it to be an invaluable tool (if used correctly) to take back control of your life. The nice part about this program is, if you fail, you can always start over. You might even understand why you failed, bringing eventual success to your efforts. It points out quite clearly how you might fair in a "fire sign month", or how you may fail or see less than expected results in a "Venus controlled month".

BIRTH ASTROLOGICAL DATA

The astrological analysis is based on the following information. This information can be useful if you are an astrologer or student of astrology:

Sun	11	Sag	00	Neptune	14	Lib	38
Moon	11	Cap	15	Pluto	16	Leo	31
Mercury	5	Sag	41	Asc.	18	Sco	34
Venus	8	Sco	52	MC	11	Vir	00
Mars	4	Cap	49	2nd cusp	11	Cap	00
Jupiter	3	Cap	49	3rd cusp	11	Aqu	00
Saturn	6	Vir	02	5th cusp	11	Ari	00
Uranus	29	Gem	16	6th cusp	11	Tau	00

Tropical Solar Standard Time observed

December 3, 1948 6:00 AM
 GMT: 06:00:00 Time Zone: 0 hours West
 Lat. and Long. of birth: 52 N 30 1 W 50
 Lunar Return for: Hidden Hills, California 34 N 09 37 118 W 39 05

ASPECTS and ORBS:

Conjunction:	3	Deg	00	Min
Opposition :	3	Deg	00	Min
Square :	3	Deg	00	Min
Trine :	3	Deg	00	Min
Sextile :	2	Deg	00	Min

Lunar Return for: Hidden Hills, California 34 N 09 37 118 W 39 05

LUNAR RETURN: December 2, 1948 at 11:00 PM

Zodiac Signs on the Ascendant and MC, and the Ascendant Ruler

The zodiac signs on the Ascendant and MC, and the house position of the Ascendant ruler at the time of the Lunar return are described below. Your social and career opportunities for the coming month are influenced by these signs and house placement.

Ascendant in Leo (MAJOR FOCUS):

The sign on your Lunar Ascendant this month is Leo. Makes losing weight more difficult, because of all the rich and fatty foods ingested.

Characteristics of Leo on the Ascendant:

You will be courageous, proud and somewhat egotistical this month. You are an incurable romantic and dreamer, and are perfectly capable of making dreams a reality. You will be much more proud and stubborn now, finding it very difficult to break undesirable habits and behavior patterns. Your stamina can also be a wonderful asset, and you can easily inspire others to be their best. You are apt to be intensely self absorbed and god forbid you should ask for assistance from others, as this is a sure sign of weakness. Generosity and warmth wins many friends, and your inspiration for others is also a plus this month. Creative abilities, art, music, entertainment and communications fields are where your efforts will be placed.

Yes, you will be somewhat self centered this month, and what mark you can make on the world in the name of self expression is your forte. Do the best that you can, and the world can use you as a model for their own gain and inspiration.

The Ruling planet for Leo:

The Sun, the giver of life, which gives you strength, vitality and confidence has rulership over your Ascendant this month.

The Part of The Body that Leo Rules:

Leo rules the heart, back, spine, nervous tension, fever, eyes, liver and forearm.

Your Metabolic rate this month:

Medium to high. INCREASES THE APPETITE somewhat, making you feel hungry more often. With this much energy present, you should be able to overcome any obstacles before you. Remember to change your routine to keep from getting bored. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that

can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Likely attitude towards health and diet:

"Diet??? I don't need no stinking diet!.....There's too much partying to be done!!!"

Your appetite will increase dramatically with Leo located here. Choices in food lean towards more lavish meals such as fattening "subs". The only problem with this eating pattern, is you are STILL going to be very hungry in a few hours. Eat small digestible meals more frequently. Appetite returns every 2-3 hours after last meal, even if lifestyle is sedentary.

Exercise Programs:

Aerobic exercise, health club, exercise class, going out dancing, martial arts, kickboxing, tennis, golf, walking, Pilates, yoga, calisthenics, basketball and softball are excellent outlets for Leo energy.

Eat:

Whole wheat, rye products, almonds, walnuts, sunflower seeds, lemons, peaches, coconut, rice, seafood, beets, asparagus, egg yolk, beef, lamb, poultry, liver, fresh fruit, salad greens, cheese, whole milk, and yogurt, spinach, raisins, dates, plums, pears, and oranges, onions, cucumbers, lettuce, apples.

Avoid:

Fatty foods, snack foods, cakes, and candy.

Pay attention to any/all planets located in the First House of the self, for additional tips and information, as well as the aspects to them.

Disclaimer: Before starting any diet, always seek the advice of a doctor or physician.

Ascendant is in Leo, Aries Decanate

The metabolic rate this month is Very high. INCREASES THE APPETITE dramatically, making you feel hungry more often.

Ruled by the planet Mars, you will be very impulsive and strong willed, courageous and independent. Fortunately you will give more than you receive, which is a blessing. You will have the energy to make all of your ambitions come true, but on the negative side you must keep your temper and your aggressive nature under control.

Ruler of Ascendant in 1st house:

With the Ascendant Ruler in the Lunar 1st house, your personal identity becomes more important. Questions of who am I, how do I fit in this world around me, and why am I in the circumstances that surround me is highlighted. How will I relate to the outside world, and how will people see me as an individual is a focal point in your life.

MC in Virgo:

Since this is the most "visible" part of the Lunar chart, it represents how you want to be seen by the outside world. It is the face or mask that you deliberately put on for others to see.

With Virgo on the Midheaven you should try to avoid chocolate than can cause upsets of the digestive system, also, and any type of drug will not sit well with you. Medicine should be taken only with a doctor's supervision. Avoid food that is highly seasoned, spicy, loaded with sauce or gravy, and fried foods. Instead eat green vegetables and avoid salty food and fresh bread which will not digest well.

Career matters or things that might hold some kind of interest for you this month are secretarial work, literary or publishing, administration, management, health club, teaching, journalism, copywriting, psychology, librarian, or perhaps as a civil servant.

More meetings will take place in public now, or expressing your views through letters to a newspaper may be on your mind. You may decide that you want to start a new career or have two careers at the same time. On the negative side, you may find that dealing with people in authority or father figures will become much more difficult for you this month. You are tranquil and shy and are most content when you are working in the background of any organization rather than on the firing line where all kinds of nastiness goes on.

The way you conduct yourself is always proper. Your quiet and unemotional viewpoint is immediately apparent because you do not spread sympathy and caring although you may be. You come across ready for business and display a conservative approach to everything and everybody. You will draw people to you who need honest assessments of situations or special advice. This is your area of expertise. You never miss anything that goes on in your environment whether at home or at the office and are always looking to learn something new.

Zodiac Signs on the Other House Cusps

The zodiac signs on the other house cusps affect your attitude to many areas of your life, and have a significant impact on what kinds of opportunities and challenges will present themselves in the coming month.

Capricorn on the 2nd cusp:

You may have to spend money on, or products pertaining to any of the following health concerns this month: bones, teeth and especially the knees, hair, skin, and stomach. If you are not cautious, accidents from this sign include broken bones, sprains, dislocations, joint pain, sensitive skin, and allergies. You may very well benefit from reflexology and message to relieve any symptoms listed above.

You may decide to spend money on accessories for, or invest in the following: Hiking, jogging, golf, or rock climbing.

Try to include more of these in your shopping cart: oranges, lemons, celery, cabbage, spinach, broccoli, corn, peas, potatoes, walnuts, almonds, whole wheat, oats, brown rice, raw salad, fresh fruits and vegetables, lean protein, fish, eggs, whole-grain bread, cheese, buttermilk, yogurt, beans, plums, strawberries and blueberries.

Please try to avoid these in your shopping cart: eating chocolate and refined sugar is bad for you, as well as highly seasoned and spicy food because of intestinal upsets.

With Capricorn on the second house, prudence and practicality will prevail in the handling of money. In the event you acquire large sums of money, you will be very careful what you do with it, and how it is spent. Your purchases and investments will be conservative, and only those that give you the most and secure return for your money. You may decide to live a rather simple life, void of the luxuries and expensive taste of your neighbors. Look to the house that contains Saturn to see where your money will be made.

Aquarius on the 3rd cusp:

There can be more communication about, or a need to learn more about areas concerning: calves, ankles, circulation, breath, eyesight, and blood need some attention. Health complaints can include cramps, allergies, sudden illness or nervous disorders.

Areas that will be interesting for you, or take participation in learning: dancing, gymnastics, skating, aerobics, martial arts, and skiing.

Communication about dietary options, or learning about health care surrounding: fish, lobster, tuna, oysters, spinach, radishes, celery, cabbage, lettuce, corn, squash, almonds, walnuts, apples, peaches, pears, lemons, oranges, sea salt, carrots, strawberries, vegetables, whole-grain bread, chicken, beets, broccoli, peppers, tomatoes, pineapple, brown rice, whole wheat, yogurt and cheese.

You may look into the reason why coffee makes you a very nervous person, or experience it yourself.

With Aquarius on the third house of communication and learning, you will share quite an inventive, original and creative outlook on life. Your communication can be very fixed and inflexible, but your thinking may be well ahead of its time, with perhaps radical overtones. New and different ideas can occur daily, pushing you to explore something new and untried. Your interest in learning is for the sake of knowledge, not for earning the almighty dollar, and passing what you have learned along to others. You need to give others breathing room, so that you can communicate more freely and spontaneously. Look to the house where Uranus is located to see where your interests can be found.

Pisces on the 4th cusp:

Around the home front there may be health concerns for yourself and family members regarding any of the following: feet, toes and bones of the feet. Some health complaints this month are swelling, allergic reaction to drugs, or problems with the feet. Low blood pressure and inflammations can be cause of concern. There can be vulnerabilities or sensitivity to medicines, drugs, and anesthesia.

Sports involving people around the home environment can include: music, dance, biking, the stair master, treadmill, rowing machine, swimming, ice skating, canoeing, rowing, water skiing, surfing, water-aerobics classes. Step aerobic, ballet, jazz or other types of dance will be very appealing to you. Meditative techniques, yoga and Tai Chi might capture your interest.

Dietary needs can change, or a member of your family may need to make changes in diet including more: liver, lean beef, lamb, egg yolks, oysters, kidneys, whole-grain cereals, barley, dried beans, beet, spinach, onions, lettuce, raisins, dates, apricots, peaches, grapes, apples, lemons, oranges, lettuce, strawberries, radishes, cucumbers, almonds, walnuts.

A change in diet or special dietary needs for family members can exclude: cut down on table salt, for that can make you feel bloated. Coffee can over-stimulate Pisces natives and should be cut down to a bare minimum. Pisceans are particularly susceptible to the effects of alcohol. Because the ruler Neptune also governs drugs, you should be careful in their use. Get advice first before you take anything new. Water retention is a problem for Pisces, and since you will be drawn to salt, the problem only gets worse. Avoid alcohol in excess too because it will tend to dehydrate you.

With Pisces on the fourth house of the home, family, roots, real estate, property and security, you will have a strong emotional tie to the home and family unit. Pictures showing family history and sentimental memorabilia will be around, and great sacrifices will be made for home, and family. Emotional upsets at home will not be appreciated as you need peace and seclusion to operate, and privacy will be especially important. You will be extremely sensitive to not only the home, but the environment within the home because of the spiritual value of Neptune, ruler of Pisces here. For you, the home is a place that you can depend on for an escape from everyday life to slip into your own private world. Look to the house where Neptune is located to see where your home security can

be found.

Aries on the 5th cusp:

Since this has rulership over children, there may be some health concerns connected to: sinus, headaches, tooth and gum problems, or even nose bleeds. Protect your head and face from injuries.

This is also the house of amusement, you or your children can have some fun and challenges with the following: martial arts, surfing, rollerblading, gymnastics, boxing, football, softball, or basketball, jogging, walking, horseback riding, swimming, or tennis. Mars rules iron, so pumping iron might have you feeling wonderful.

Because this is the house of your creativity, what fabulous dishes can you come up with using these: tomatoes, beans, brown rice, broccoli, bananas, dried apricots, walnuts, olives, onions, lettuce, cauliflower, cucumber, spinach, and milk. Make sure to drink plenty of water. Because you will be more than likely active this month, make sure to get your beauty sleep. Remember to add some spice to your diet foods to keep them varied and interesting. It's a boredom thing!

By all means try to avoid salt and liquor. Ingesting too much salt affects the bones and arteries, while liquor will react negatively on the kidneys.

You have Aries on the fifth house of Children, recreation, romance, creativity, artistic abilities, hobbies, writing books (creatively), speculation and investments. You are aggressive in life, and don't mind spending money to be happy in your leisure activities. This energy is best devoted to outdoor and competitive activity, associated with physical exercise. Working with and for young people is favored although you may be quite short in your expectations of them, and impatient with their progress. Look to the house where Mars/Pluto is located to see where you might find your recreation and romance potential.

Taurus on the 6th cusp:

There can be injury to, or have health concerns for yourself and others concerning the following: throat, neck, ears, or jaw. Stiff necks, sore throats and earaches are common complaints.

Some great exercise or sports ideas include: archery, marksmanship, and golf would be great. Remote control speed and dexterity fit into that category as well.

Try to include more of these in your diet: asparagus, beets, cauliflower, spinach, cucumber, onions, nuts and cranberries. You should also drink plenty of water to help keep your system flushed out. Include more fish, seafood, eggs, liver, beans, wheat germ, fresh fruit and green salads.

But try to avoid: Carbohydrates, heavy, and rich foods. Choose a diet plan that allows plenty of fresh fruit, frozen yogurt and low fat toppings. Crash diets should be avoided.

You have Taurus on the cusp of the sixth house of Work, Work environment, responsibilities,

health, work and service for others, relationships with employees and co-workers, and your interest in physical fitness. You are practical, determined, conservative and responsible, having your goals in real focus. You must enjoy the work that you do, or you will not be happy with yourself or the world around you. Working as a teacher or counselor for others is your forte, because it gives you security and time for your other interests. Taurus is ruled by Venus, which can have a lazy side at times, and any job that is too demanding will find you rebelling in favor of the easy life. Look to the house where Venus is located to see where you might find work or service to others.

Gemini on the 7th cusp:

You may seek professional advice in any of the following health areas: shoulders, upper arms, breathing, nerves, asthmatic conditions, hands, fingers, sense of hearing and lungs. Because Gemini is a dual sign, you might find that you have two health complaints at the same time.

Planets located in the house of partnerships (and getting professional help or advice) of any kind, including marital, can have you working on projects (as partners) in any of the following: Aerobics, working out, volleyball, jogging, dance, gymnastics, basketball, or tennis should keep your nerves functioning properly. Get an enthusiastic friend to help you exercise, because you love to talk while doing most anything and would enjoy the company.

You may seek professional advice in the dietary advantage of any of the following: asparagus, green beans, tomatoes, celery, carrots, spinach, oranges, peaches, plums, apricots, wild rice, grapefruit, almonds, broiled fish and shellfish, (drink) grape juice, apples, raisins, lettuce, cauliflower, cabbage, milk, buttermilk, and cottage cheese.

You may also seek out advice on the negative effects of: Since your nerves are shaky to begin with, coffee and stimulants should be avoided. Herbal teas have a calming effect. You may be inclined to eat junk food at the drop of a hat, so choose your junk food wisely.

Relationships, partnerships, marriage, people you have close associations with, cooperation or lack of, contracts, and legal matters are all part of the seventh house. You will need to have a wide variety of interests in relationships, as boredom will set in quickly. You won't be known as the most demonstrative person now, but relationships should be happy, fun and lively with a lot of nervous tension. On a day by day basis you will be very busy, racing around to keep up with that erratic energy. Look to the house that contains Mercury to see how you will deal with partnerships.

Cancer on the 8th cusp:

Perhaps bad habits need to be changed to prevent problems with: stomach, the breasts, digestive organs, indigestion, stomach ulcer, flatulence, bladder, coughs, gallstones, liver and intestines, or emotional disorders such as depression, hypochondria and hysteria.

The eighth house has to do with things that drain you physically, bad habits, obsessions, and joint financial matters. Perhaps this is where the energy is going to: Water sports, swimming, running, calisthenics, sailing, wind surfing, white water rafting. Avoid any fitness program that requires you

to exert yourself too much. Do not try to lose weight too quickly now, rather a slow and gradual weight loss is the way to go.

Perhaps you can use these food items to transform or renew yourself: egg yolks, whole grain rye, yogurt, beets, fish, milk, cheese, lettuce, and tomatoes, which are high in calcium. Fresh vegetables, fresh fruit, lean protein, onions, and cabbage are excellent for you as well.

You may also realize that by curbing or deleting these from your diet, you may actually add to your longevity: Starches, sugar, and salt. There can be constipation from cheese and salt produces bloating. Spicy and highly seasoned food doesn't sit well with your more than sensitive stomach. Be good to your digestive system this month, and it will not have to hurt you!

The eighth house deals with joint resources, possessions that are not earned directly by you, but obtained through the relationship, wills, or pensions. It also has to do with money belonging to others such as taxes, corporate money, insurance, and the stock market. The eighth house also relates to the mysteries of life and sex. Cancer will have an influence on the above matters by adding an emotional element, as well as security into your spending and physical habits. Nurturing others in this way will be a very important part of your security and your happiness. Look to see which house the Moon is located in, to see where your joint money can be found.

Leo on the 9th cusp:

If you do any foreign travel this month, you might suffer from problems with: the heart, back, spine, nervous tension, fever, eyes, liver and forearm.

You may travel to foreign places to experience sports such as: aerobic exercise, health club, exercise class, going out dancing, martial arts, kickboxing, tennis, golf, walking, Pilates, yoga, calisthenics, basketball and softball are excellent outlets for Leo energy.

As long as you are visiting someplace different, why not try dishes made with food native to the area, such as: whole wheat, rye products, almonds, walnuts, sunflower seeds, lemons, peaches, coconut, rice, seafood, beets, asparagus, egg yolk, beef, lamb, poultry, liver, fresh fruit, salad greens, cheese, whole milk, and yogurt, spinach, raisins, dates, plums, pears, and oranges, onions, cucumbers, lettuce, apples.

You may want to avoid the following food that may be bad for you: fatty foods, snack foods, cakes, and candy.

The ninth house is the house of long range goals and long distance travel. Religion, philosophy and higher education are ninth house matters. With Leo ruling the ninth house, you will be confident and successful at implementing new ideas. There is great vitality of spirit indicated, and travel will fill an emotional need for you. Matters connected to education, religion, spiritual endeavors, philosophic thought will be important for you as well. You can act as a teacher in some way, and be a source of inspiration for others to follow. Look to the house where the Sun is located to see where your interests in higher aspirations can be found.

Virgo on the 10th cusp:

Since this is the house of your occupation, job title, and life direction, you may decide to have more of an interest in any of these medical fields. Since it is a monthly influence, you may just want to become an authority on any of the following: lower digestive track, abdominal region, large and small intestines, hands, nails, the sinuses, respiratory system and bowels.

If you are considering a career change to the sports and exercise industry, you may have interests in these fields: tennis, racquetball, swimming, sailing, fishing, biking, meditation techniques, and walking are all great outlets for your nervous constitution.

If instead you are considering a career change to the grocery or produce/food industry, perhaps you may consider one of these products: green vegetables, whole wheat and grain breads, oats, almonds, cheese, oranges, bananas, lemons, lean beef, lamb, yogurt, brown rice, eggs, cottage cheese, melons, apples, pears, papaya, and honey.

The tenth house is the home of worldly aspirations and attainment. This sector shows how you present yourself to the public, and deeds for which you leave behind as your legacy, or what you will be remembered for. The tenth has domain over the profession, public offices held, and your reputation. The energy of Virgo here indicates that work and service for others is your key to success. The written word, organizing for other people or making observations for other people is your field of expertise, although you can be somewhat critical. You can become bored very easily, and need a career that keeps you intellectually stimulated. Careers in large organizations, federal government, education or churches could use your organizational abilities. Look to the house where Mercury is located to see what kind of career you might choose, or how you will be remembered.

Libra on the 11th cusp:

You may join forces with others in a team effort to do some research, or raise money for problems dealing with: Lower back, kidneys, skin and ovaries, or problems caused by too much sugar or rich food.

In the house of humanitarian efforts, working with groups of people as a team, you may organize functions having to do with the following: Tennis, squash, calisthenics, basketball, golf, volleyball or perhaps sailing are excellent ways to raise funds.

You may work on humanitarian efforts to raise money to buy food for the homeless that can include any of the following: Cranberry juice, strawberries, apples, raisins, almonds, asparagus, peas, corn, carrots, spinach, beets, radishes, tomatoes, wheat, brown rice, oatmeal, broiled fish, seafood, poultry, low fat cheese, yogurt, plenty of fresh fruits and vegetables, salad greens, and whole grain bread.

The eleventh house has domain over achievement of goals and objectives, and hopes and wishes. Humanitarian efforts, clubs, groups, associations, sharing ideals are also associated with the eleventh house. People that support your efforts, friends and connections to the outside world can be

found in this house. With Libra located in the eleventh house, the focus turns to working with friends in group associations. You can work as the head of a group, where you will be highly visible in social situations. Look to the house where Venus is located to see where you might find your friends, associations and group involvement and interests.

Scorpio on the 12th cusp:

With the emphasis now on charity, volunteer work and social work, you may volunteer your time in hospitals or institutions dealing with: Reproductive organs, bladder, prostate, colon, rectum, the vocal cords, larynx, liver, uterus, menstruation, sweat glands and the endocrine glands.

Charity, volunteer work and social work, may be spent in hospitals or institutions dealing with sports or exercise rehabilitation: Boxing, long-distance running, or any strenuous. The Stairmaster, weight lifting, gymnastics, jogging, or yoga combined with meditation are good for you.

You can also volunteer your time in the kitchen or food preparation center in hospitals and institutions working with: Asparagus, cauliflower, radishes, onions, tomatoes, black cherries, coconuts, milk, cheese, yogurt, cottage cheese, fresh fruits and vegetables & whole grain bread, fish and seafood, green salads, beets, almonds, walnuts, citrus fruit, berries, apples, bananas and pineapples.

The twelfth house rules the subconscious mind, problems arising from unseen causes, and limitations in our lives. This house has rulership over behind the scenes activities, emotional problems, secrets, deceptions, problems to overcome, the side of ourselves away from public view, where the soul can step back and take a look at the world around us. The twelfth house also has rulership over prisons, hospitals, and other institutions that would remove you from society. Scorpio energy on the twelfth house indicates that you are very closed off, guarded and secretive, especially in spiritual and mystical matters. Your ability to influence the lives of others occurs in subtle and unspoken ways. Look to the house where Pluto is located to find that area in which you retire from public view.

The Sun

The placement of the Sun in the Lunar return chart is very important and affects almost every area of your life!

Sun in 1st house (MAJOR FOCUS):

The Lunar Sun is in your 1st house. Your focus will be on self expression, making impressions on others, self confidence, asserting your will and strengthening your drive to accomplish.

Aerobic exercise, health club, exercise class, going out dancing, martial arts, kickboxing, tennis, golf, walking, pilates, yoga, calisthenics, basketball and softball are excellent outlets for Sun energy.

Eat:

Whole wheat, rye products, almonds, walnuts, sunflower seeds, lemons, peaches, coconut, rice, seafood, beets, asparagus, egg yolk, beef, lamb, poultry, liver, fresh fruit, salad greens, cheese, whole milk, and yogurt, spinach, raisins, dates, plums, pears, and oranges, onions, cucumbers, lettuce, apples.

Avoid: Fatty foods, snack foods, cakes, and candy.

Sun square MC:

The Ego Out Of Control.

An active time filled with hard work, accomplishments and enlightenment. Ego conflicts with authority and family are likely to occur. Don't let it get out of hand. Responsibilities in your domestic and work environment are likely to increase. Family problems can arise to be dealt with.

The Moon

The placement of the Moon in the Lunar return chart affects emotions, moods, domestic affairs and relationships with women during the coming month.

Moon in 2nd house (MAJOR FOCUS):

Now, right after the Ascendant this month, the Moon is extremely important to your health, diet and well being. The Moon RULES your emotional state, and which ever way it goes, so does your diet and health. Ever been in love????? I mean really in love?? Did you need to eat to feel whole, or was love your entire nourishment? What happened when you broke up, got divorced or weren't getting along, and who became your new bestest friend (again)??? Food!

Wherever the Moon is placed this month, is where you will look for love, support or emotional nourishment. The aspects to the moon this month will show you your chance of finding it. With well aspected (nourished) planets your health and quality of life thrives, but anything negative will send you off your diet and health plan into the waiting and willing arms of a lover called food!!! If you will look at the planets afflicted (difficult), it will give you some idea of how you will try to nourish yourself (food) and what you have a thirst or hunger for. Spicy and hot foods (Mars) can point to sexual desire, sweets (Venus) can indicate a need for pure love and romance. Even in times of anger, you will turn to this willing lover (food), who never ever, ever lets you down, especially when wrongs haven't been righted. The amount of food you eat when angry will show just how much you want to punish others or punish yourself.

The Lunar Moon is now in your 2nd house. Spending money is where you will find your nourishment this month. When the Lunar Moon is in our 2nd house we become emotionally attached to our possessions. Generosity isn't commonplace during this month because you will be involved in your own patterns of security. Spending money can be the way we pacify our emotional needs and we will buy more useless material possessions to make us feel secure.

Men will spend their money on electronic gadgets of any kind, whereas women will take a different approach and buy clothing, jewelry and products to beautify themselves. Groceries and domestic supplies also can also bring emotional satisfaction. If you are short of money this month, you will also be short on self worth as well. On the positive side we can appreciate what we have a lot more, especially if they trigger thoughts of the past that brought us great happiness.

Emotions out of control here will head straight for carbohydrates, sugar, heavy, and rich foods. Choose a diet plan that allows plenty of fresh fruit, frozen yogurt and low fat toppings. Crash diets should be avoided.

Additional 2nd house interpretations:

Self worth, values, inner creativity, talents, inner strength, determination, wealth, income, ethics, morals, integrity, priorities, conscious actions, meeting obligations, capacity for earning and spending, and acquiring material possessions.

Moon trine MC:

You may experience an increase in popularity this month, or find that dealing with the public becomes more prosperous. You may also have some insights into knowing the next step to take in any situation that arises. You may be working more closely with a woman, or numbers of people. Popularity, meeting new people, happiness are in abundance.

Mercury

The placement of Mercury in the Lunar return chart affects communication, and your ability to learn and express yourself during the coming month.

Mercury in 12th house (MAJOR FOCUS):

They say that where the mind goes, the body follows. That is why there is a Major Focus on it every month. What you think, speak and project, even unspoken words will convince the body of your intent and act accordingly. Positive affirmation of your goals will bring positive results to your health and diet efforts. Negative thoughts and actions will bring nothing but negative results to your health and diet efforts. Look at the aspects to Mercury to find out if the influences around you this month will act to derail your efforts or strengthen them. If they are negative, look to the cause and correct them. You may not be able to change them completely, but you will be aware of what the cause is, and be prepared to work with them, instead of against them. You have the tools for success, if you don't take them out of the tool box and put them to work, what good are they?

Mercury is in your 12th house, and indicates areas of interests in your life this month, as well as health matters or where your thoughts are likely to be focused.

Communications DECREASE as you prefer to keep your opinions and thoughts to yourself, rather than divulge them to the outside world. This is a wonderful time to go off by yourself and meditate or find some peace and quiet that will prove beneficial to you. If Mercury makes stressful aspects while in the 12th house, there can be a tendency to want to escape your reality through daydreaming. Information received now can be false, and secret actions that are initiated or about to be can be found here. There may be some health matters that need attention as well.

Additional 12th house interpretations:

Social work, charity, volunteer work, subconscious fear, guilt, resentment, hate, past-life karma, skeletons in the closet, damaging secrets, secret plots, compassion, psychic ability, sensitivity, self-undoing, confinement, imprisonment, religious retreats, subconscious mind, libraries, mental illness, emotional blocks, addictions, secret motives, hidden agendas, suppressed knowledge, secret societies, occult wisdom, hidden meanings, illumination, enlightenment, fantasy, self-deception, hidden enemies, hospitals, institutions, spirituality, unredeemed karma, selfless service, mystical inspiration, and clairvoyant abilities.

Mercury square Saturn:

Your mind is out of sync with your body.

The body takes its orders directly from the mind. As the mind goes, so goes the body. Influences that will either support or sabotage your health and diet efforts this month are indicated here. Hard or difficult aspects to Mercury will bring negative results and possible illness. They will HELP to show you the error of your ways, and your thought process, not to punish you with failure. Soft or easy aspects to Mercury will help, support, nurture and bring success to your efforts. Sometimes too

easy an aspect will make you over-confident and not appreciate what you are doing, or what you have.

Saturn rules the bones, teeth and especially the knees, hair, skin, and stomach and accidents from this planet include broken bones, sprains, dislocations, joint pain, sensitive skin, and allergies. Colds, flu and Virus are a real possibility at this time.

Exercise that is good for the planet Saturn:

Sports such as hiking, jogging, golf, or rock climbing would probably be to your liking this month.

Avoid:

Eating chocolate and refined sugar is bad for you, as well as highly seasoned and spicy food because of intestinal upsets

If you are involved in sales, they may not be up to par and it might be best to reschedule clients. Dragging the past into your life this month won't help matters, so leave them in the past. Keep things on a strictly legal basis and keep business strictly business.

Communication problems can leave you alienated from others, and lost mail or delays in deliveries can be expected. People will say what is on their mind this month and you will not take criticism very well.

Venus

The placement of Venus in the Lunar return chart affects romance and friendship over the coming month.

Venus in 11th house (FOCUS):

Next in line for our Focus is lovely, seductive and beautiful Venus. Wherever Venus is located indicates where love, affection and attention can be found. Look carefully at the aspects to Venus because she can either bring love or try to hold it back. Negative aspects can also try to derail your efforts for health and diet, whereas positive aspects can help to support your efforts. Do not allow negative Venus aspects to knock you off your path to success, instead recognize that they are there, and work with them, instead of against them. Remember, every day, is NOT going to be a holiday.

Group activities and being with friends is highlighted now. Loving, affectionate and friendly atmospheres exist. Love for new and exciting things is possible. You might be invited to join a group or organization that can make you very happy. Romantic relationships started this month will be more of friends than lovers. On the other hand you may become lovers with an old friend. If Venus makes harsh aspects to the 11th house, you may "use" your friends and contacts for material and sexual advancement.

Additional 11th house interpretations:

Humanitarian efforts, friendship, sudden occurrences, rebelliousness, and outrageous behavior. Dreams, concerns, political views, breaking the rules, freedom, groups of people, allies, teammates, colleagues, what kind of friend you are, acquaintances, social circles, wishes, ambitions, aspirations and your ability to work with others on projects.

Mars

The placement of Mars in the Lunar return chart affects your drive, ambition, and vitality during the coming month.

Mars in 1st house (MAJOR FOCUS):

Next in line is the planet Mars. Mars is considered extremely aggressive and masculine. It shows where you will put tremendous energy and where you will apply that energy by house. Mars is that push that gets you going, gets you off the couch and onto the treadmill. Push too hard however, and you can meet with great resistance from all areas around you, including people, places and things. Applied in the wrong way will bring with it combative situations, arguments, tempers flaring and in some cases accidental behavior. If the Universe tells you to knock off the macho behavior (aspect wise), then take a hint and do so. If the Universe gives you a green light aspect wise, then go for it with your whole heart. Look carefully at the aspects to find out who, or what may be putting obstacles in your path, and act accordingly.

Some health complaints this month can involve the head, and nerves. You may notice some "type" of head complaints -- sinus, headaches, tooth and gum problems, or even nose bleeds. Protect your head and face from injuries.

Mars located here INCREASES THE APPETITE dramatically, making you feel hungry more often. With this much energy present, you should be able to overcome any obstacles before you. Remember to change your routine to keep from getting bored. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Fast food, takeout or frozen dinners will be your favorite past times this month, after all, you're a busy person and don't have time to prepare food. You will tend to eat way too much, and most probably eat while in motion. A big drawback to your diet now will be a lack of understanding or caring about calories and fat content in the food you eat. On the positive side, you may be extremely active, which will help to burn up all the fat and calories before they do any damage. If however, you are inactive, all that excess fat and calories won't travel very far from your hips.

Anything that microwaves quickly and doesn't keep you waiting is right up your alley. Be careful about being driven to eat when you are angry, because that is a downfall this month. Internalized anger is your way of punishing yourself (and others), and what better way to do that, than with food. You are more of a "grab" and run eater. Food that is hot and spicy will be much more to your liking, but for goodness sakes, don't forget to CHEW YOUR FOOD!!! Protein and iron will be beneficial to your diet this month. You may not be in the mood to cook, but if you do cook, be careful not to cook your food beyond recognition. Waiting for food is not your forte with Aries here, choosing prepared and ready to go food rather than preparing food. A clue to success is to have someone with

more patience than you prepare "quality" food and leave it somewhere in your path, or buy prepared nutritious food in quantity and leave it at different places so that you can easily access it on a whim.

Suggested exercise for you this month includes any strenuous activity that calms the nerves, so you should feel fantastic after a good workout. You may feel inspired to try vigorous sports such as martial arts, surfing, rollerblading, gymnastics, boxing, football, softball, or basketball, jogging, walking, horseback riding, swimming, tennis or pumping iron. Do to your impatient nature at this time boredom can easily undo what you accomplish. Remember above all, to keep it fun.

Make sure to avoid excesses in salt and liquor. Ingesting too much salt affects the bones and arteries, while liquor will react negatively on the kidneys.

A fighting and very aggressive spirit will demand to be heard. Fighting for your rights, hard work and accidents are highlighted. You are bound to be a bit nasty if things don't happen fast enough for you. Just remember to bend in situations and give in where it is needed or accidents, injuries and illness will find you. If Mars makes harsh aspects while in the 1st house, elements of aggressive and selfish attitudes will have to be dealt with.

Mars conjunct Jupiter:

Where Mars falls by house and aspect shows where we will apply great force and aggressive behavior, to cover any inadequacy that we may be feeling. Success is governed by how successful the aspects are, what we do with this great force, and if we will harm anything or anyone else in the process, just to make ourselves feel better about our own failures. Mars is quite selfish by nature and does not take anyone else's feelings into consideration.

Jupiter rules the hips, thighs, sciatic nerve, liver, lungs and motor nerves. The tendency to feverish complaints may be noted this month.

Exercise which is good for Jupiter:

Archery, fencing, rock climbing, polo, horseback riding, calisthenics, rafting, hiking, camping, and canoeing.

Good fortune can come to you from behind the scenes now. It is better to stand firm on ideas now, rather than let them get away. Good will towards others can work to your advantage if you play your cards right, and an active lifestyle now can bring your special projects or accomplishments to a successful conclusion. This month favors bravery, courage, working with men, seeking employment or advancement, legal actions, wills and taxes. Business is under a very fortunate star as well.

Mars trine Saturn:

This is a good month to call in markers from others, and projects backed by skill and durability are favored. Relationships that are encountered now will be exciting and dependable. This is a good time to take care of details that will make your project more presentable. This is a favorable time for responsible leadership and overcoming obstacles becomes easy with this supporting influence.

Big changes and a permanent change of residence are possible. Practical considerations will be made over impulsive actions which should keep you out of trouble for a change. This is a great aspect for craftsmanship where precision requirements have to be adhered to and also favors dealing with the government or governmental agencies.

Do any difficult tasks now, as it makes the whole process easier. Help comes to you when you need it most and focusing on a single goal and following it through to a successful conclusion is favored. Go after what you want now, because you have the determination needed to bring it home.

Mars trine N. Node:

Will power is on the rise as well as courage to face any situation that comes up this month. Determination and joy in doing any kind of physical work is present and the urge to do something is favored. Go dig up the back yard or get a good physical workout to use up all of this energy. Cooperation and collaborations with people can take place and encounters based on physical attributes will be very prosperous.

Jupiter

The placement of Jupiter in the Lunar return chart determines in what areas of your life you are likely to have opportunities for growth and expansion during the coming month.

Jupiter in 1st house (MAJOR FOCUS):

Next in line we have Jupiter, planet of good fortune and expansion. Wherever Jupiter falls it likes to make things bigger, and gives resistance to letting things go back to normal shape, like the human body for instance (especially around the hip area). Whenever Jupiter takes a prominent position in the Lunar or Natal chart, weight will be easy to put on, and remain on, until the influence ends. Then and only then can things go back to normal, whatever normal is.

Begin new projects and activities this month. Opportunities can arrive for expansion of your career. In the weight department you can expect to expand as well. People and resources just seem to find you now, and you should take advantage of the circumstances. Spiritual interests will increase and an interest in education, philosophy and religion or a desire to travel will occur. One danger with Jupiter located here is an over inflated sense of self importance that can get out of hand. If there are difficult aspects to Jupiter while it is in the 1st house, there can be a "holier than thou attitude" adopted which will surely get you into trouble.

Luck may shine on you this month through a promotion. Relationships are very favorable, and you will find it an appropriate time to approach people for favors. This is a wonderful month to become a leader or somewhat famous in some way. You will exhibit a very confident attitude which will help you overcome any adversaries. Investments and speculation should render positive results as well.

In the health department, there will be an emphasis on the hips, thighs, sciatic nerve, liver, lungs and motor nerves. The tendency to feverish complaints may also be noted this month. If you do not exercise to burn off all the increased food that you ingest, you will get bigger and bigger, and wonder why!

There will be a boost of your metabolic rate this month, which INCREASES THE APPETITE dramatically, making you feel hungry more often. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Suggested exercise routines that will help you burn off fat and calories can be found in archery, fencing, rock climbing, polo, horseback riding, calisthenics, rafting, hiking, camping, and canoeing.

Try to include in your diet more fruits and vegetables, raw salads, green peppers, strawberries, pears, apples, potatoes, oats, whole grain cereals, egg yolk, broiled poultry and fish, beets, tomatoes,

plums, cherries, oranges, lemons, skim milk, yogurt, brown rice, whole wheat, (drink) water, and rice. Eat four smaller meals a day rather than three large ones. Ethnic foods such as vegetables, curry, sushi, rice, salad, also juice, granola, dried apricots, popcorn and raisins. Asparagus and olives can be great cleansing agents, along with green peas, mushrooms, sage, cloves and nutmeg.

Do your best to exclude from your diet butter and other fats, gravies, cream, candy, and chocolate. Try to cut down on as much alcohol as possible to avoid damage to the liver and skin.

Jupiter trine Saturn:

Wherever Jupiter is placed by house and whatever it touches by aspect tends to benefit, receive good fortune or become larger than when it started, at least positively aspected. This can make dieting very difficult, unless you cut food intake to a system designed to try to expand itself. On the negative side, it can act to prevent good things to come to us. In either case, it will sharply increase your appetite, which is why smaller more healthy meals are suggested.

There is sure to be an increase of recognition and respect coming your way this month and people can easily come to you for advice and counseling as well. There will also be an evident feeling of joy being with others as well.

Those projects that you have been working on for so long can pay off now, and working with people or groups of people in some sort of structured unit has the greatest chance for success. Foundations for heavy responsibility go along with events now, but take note that as soon as this influence is over, it will become very quiet in your life. Consider the time that follows a giant tranquilizer and use it to take some time off for rest.

You will achieve the greatest success by using the middle of the road approach, and long range business and financial matters look good. Opportunities can be gained through hard work and expect some growth potential from business, professional or educational pursuits. This is a super time for friends and social get togethers which may involve authority people or older people than you.

Progress can be made in business, career, or your education, but make sure to make honesty your guideline in dealings with others, especially in business. Opportunities may come to you from authority figures or people more mature or older than yourself. In matters of love you will be more optimistic than usual mixed with an equal blend of caution.

Jupiter trine N. Node:

Wherever Jupiter is placed by house and whatever it touches by aspect tends to benefit, receive good fortune or become larger than when it started, at least positively aspected. This can make dieting very difficult, unless you cut food intake to a system designed to try to expand itself. On the negative side, it can act to prevent good things to come to us. In either case, it will sharply increase your appetite, which is why smaller more healthy meals are suggested.

There will be a noticeable increase in social contacts with friends and you will both look forward

to and enjoy their company. Harmony in traditional educational, religious and social beliefs exists.

Saturn

The placement of Saturn in the Lunar return chart determines where you will encounter obstacles, difficult lessons, and where discipline will be needed in your life during the coming month.

Saturn in 9th house:

Next up is Saturn. Saturn is the great teacher. Wherever Saturn is located by house, shows where losses, setbacks, depression, maturity, growing up or feeling gloomy can occur. Usually it is present when the time is just not right for an action or activity to occur, for whatever the reason. It is like having a credit card that always comes back "access denied". Sometimes the access is permanent, other times it is temporary in nature.

Past efforts can now begin to bear fruit for your efforts this month. Legal difficulties can arise, or you can be somewhat accident prone during long distance travels. This placement attracts religious, philosophic and metaphysical subjects. It is a wonderful time for mental studies, but be careful of taking on too much of an academic workload.

Contacts with foreigners or people different than you will be somewhat difficult. If Saturn is making a difficult aspect while in the 9th house, there can be difficulties in educational pursuits.

Additional 9th house interpretations:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Saturn trine N. Node:

Now, Saturn brings with it a separate set of circumstances wherever it is by house and aspect. In either case, whether positive or negative aspect, it puts very strong obstacles in your path to be dealt with. It has been noted that every time there is a Saturn transit, everything comes to a screeching halt, with a big sign that seems to suggest "Access Denied!" I have also seen that anytime there is a strong Saturn presence, denying us what we want can also be protecting us from ourselves, possibly by the presence of a more wise and learned energy than ourselves, which is also a characteristic of Saturn. Diet wise, it seems to limit the need to eat, curbs the appetite and allows you to take more control of the food that you eat. On the negative side, it always slows down the digestive process dramatically. The utmost caution should be advised as to what you eat with this energy as constipation, and a bound up digestive system can take on the consistency of cement. A vegetarian diet is ideal with this energy whether transits to natal, lunar return or progression.

This is an auspicious time to find the support that you need from others. Permanent alliances can be formed with others bringing positive influences to you. This is a wonderful time to turn over a new leaf and become a more positive person. Any new relationships that begin this month will have a very strong "soul connection" quality to it and this is a very favorable time for making permanent

connections and plans for the future together.

Security may be a very important social issue for you at this time, or you may be involved in security systems or fads that are popular.

Uranus, Neptune and Pluto

The placement of the 3 outer planets in the Lunar return chart indicates areas in your life that are likely to take surprising twists and turns, where idealism and illusion may enter your life, or where compulsive or extreme situations may arise in your life during the coming month.

Uranus in 7th house:

Next in line is the planet Uranus, ruler of Aquarius, and just like a true Aquarian, Uranus, is the rebel, the non-conformist, the humanitarian and the unpredictable child. Wherever Uranus is placed by house, all bets are off for a normal existence, replaced by sudden out of the blue and whimsical behavior. No matter what the circumstance this month, it won't be boring! It is life thrust upon us, not chosen.

Relationships, marriage and business partnerships can undergo sudden and unexpected changes. There will be a greater need and desire for freedom bringing separations and divorce. Marriages entered into this month will be an error in judgment that can end just as suddenly. If Uranus makes a difficult aspect while in the 7th house, there can be changes and unstable situations that arise in marriages causing possible breakups.

Additional 7th house interpretations:

Commitment, harmony, marriage partners, romantic partners, business partners, doctor and patient relationships, relating to people who oppose your ideas, competitors, adversaries, opponents in any area, conflicts, enemies, lawsuits, karmic patterns, people's reactions to our actions, the public, and legal affairs.

Neptune in 11th house:

One of my favorite planets is Neptune. Among the qualities it loves to bring to the party is illusion, and deception, but also imagination, illumination and inspiration (That covers all the "I" words). Psychic and intuitive aspects can emerge from our subconscious mind now, and can do so in a myriad of ways like music, art, poetry, compassion and humanitarian efforts. Remember to look at Neptune like you are in a very naughty dream that is not real, and is never going to come true. It was great at the time, but has nothing to do with reality.

This is a dangerous position for getting involved with groups and association as you can be brainwashed into thinking they are something they are not, so use extreme caution. Friends may prove to be deceptive or tiring, and it will be very easy to get wrapped up in cult groups. If Neptune makes a difficult aspect while in the 11th house, then you can be deceived by your friends or groups of people, organizations or charities. You have the wonderful ability of choosing the "WRONG PEOPLE" to be friends with.

Additional 11th house interpretations:

Humanitarian efforts, friendship, sudden occurrences, rebelliousness, and outrageous behavior. Dreams, concerns, political views, breaking the rules, freedom, groups of people, allies, teammates,

colleagues, what kind of friend you are, acquaintances, social circles, wishes, ambitions, aspirations and your ability to work with others on projects.

Neptune sextile Pluto:

I really like Neptune planets, because it is the only planet that can present false facts and lies to your conscious mind, and you swallow it, bag and baggage. When it comes to the way you can do yourself in, either through drugs, medication, alcohol or people you depend or rely on as authority figures, Neptune is the bomb! This usually happens with the negative or difficult aspects though. The positive ones can serve to enlighten or awaken latent abilities within you.

This aspect can breed self assurance and a new confidence in your abilities and some major developments will prove to be idealistic. Here is an opportunity for the rights of human beings to be upheld and you will find some positive things can materialize from your efforts.

There can be an interest in mystical or occult subjects this month and there will be an increased understanding of the makings of the universe and what makes you tick as a human being. Inspirational and intuitive guidance can put you on the path to enlightenment and other interests may be in parapsychology, physics and the paranormal. This month favors any pursuit of knowledge and benefits can come from the government, joint finances, insurance and inheritances.

Pluto in 9th house:

Last in line, but not forgotten we have the planet PLUTO who is the master of digging down beneath the surface of who you are and bringing some very powerful yet subtle changes into your life. Pluto is where your OBSESSIONS can be found this month.

Religious, philosophic and educational matters will have a profound effect on you this month, but be careful others do not try to manipulate you with their beliefs. If Pluto makes a difficult aspect while in the 9th house, then there can be dangers traveling to foreign countries, religious viewpoints that border on fanatical, or philosophic views can undergo great change.

Additional 9th house interpretations:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Interaction of the Lunar Return and Natal Chart

The following influences are based on the relationship of the Lunar return to the natal chart. These influences tend to bring about changes in attitudes and your perspective on life.

Lunar Return Ascendant in Natal 9th house:

With your Natal 9th house on the Lunar Ascendant, creative and intellectual work or studies become more important. Travel will be very satisfying, and in laws can be a source of inspiration or a real burden. Expand your beliefs and knowledge through education, writing, publishing, foreign trade or foreign issues. Your love partner can be of a foreign country, religion or race as well. Legal matters are also an issue to be dealt with at some time now.

Additional 9th house influences brought into the spotlight:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Natal Ascendant in Lunar Return 12th house:

With your Natal Ascendant now in the Lunar 12th house, the things that you must do daily to maintain a spiritual and soul identity become a strong focus. The 12th house is related to secret enemies and the unconscious, as well as service to others, behind the scenes activities, as well as your retired and private side. Most importantly, it is where you as an individual fit this month.

Additional 12th house interpretations:

Social work, charity, volunteer work, subconscious fear, guilt, resentment, hate, past-life karma, skeletons in the closet, damaging secrets, secret plots, compassion, psychic ability, sensitivity, self-undoing, confinement, imprisonment, religious retreats, subconscious mind, libraries, mental illness, emotional blocks, addictions, secret motives, hidden agendas, suppressed knowledge, secret societies, occult wisdom, hidden meanings, illumination, enlightenment, fantasy, self-deception, hidden enemies, hospitals, institutions, spirituality, unredeemed karma, selfless service, mystical inspiration, and clairvoyant abilities.